

MILFORD RECREATION

BOOTCAMP

Do you need help training for that obstacle course race this summer?
Or just need to get out of a workout rut?

- Burn **TONS** of calories, reduce stress, lose weight, and increase energy!
- Build confidence and friendships
- Work your entire body
- Challenges you to push outside your comfort zone and maximize effort

CERTIFIED INSTRUCTOR:

Laura O'Leary

BASIC TRAINING SESSIONS:

May 1-June 5 (T); 8:30am-9:15am

May 2-June 6 (W); 5:30am-6:15am

June 12-July 17 (T); 8:30am-9:15am

June 13-July 18 (W); 5:30am-6:15am

\$48 per person/ per session/\$10 drop-in
EMERSON PARK (next to Milford Post Office)



REGISTER ONLINE TODAY

WWW.MILFORDREC.COM